COACHING STAFF HANDBOOK

CLEAR CREEK COMMUNITY SCHOOLS

1974-75 School Year

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ATHLETIC HANDBOOK

I. Schedule of Gym Facilities.

A. It is the responsibility of the Athletic Director to schedule the use of the gym facilities. If any change in gym scheduling is needed, coaches must contact Athletic Director about changes.

II. Practice Guidelines.

A. All practices are under the direct supervision of the coaching staff. The coaching staff is also responsible for supervision of athletes after practice and until activity bus comes.

B. No athletes shall report to the designated practice area before scheduled practice time. Athletes must not disturb other practice sessions by their presence or noise under any circumstances.

C. All noise must be kept to a minimum any time two teams are in the same area.

D. Each coach and squad is very intense in their purpose. Let's remember that we are all members of Clear Creek. Let us also remind our athletes that practice time is designated for work and improvement. A good practice will not allow time for horseplay or will a good coach tolerate such actions.

III. Use of Gym Facilities on Saturdays and Vacation.

A. If any coach wishes to use the gym facilities for practice purposes on Saturdays and vacation days, it is essential that such proposed practice sessions be cleared first through the office of the Athletic Director.

B. It is imperative that when such practice sessions are scheduled, the athletes are not to report earlier than the time specified by the coach.

C. Any time you hold practice when the custodians are not working, it will be your responsibility to check all outside doors.

D. Any time a practice is scheduled for some other time other than the usual, notify the Athletic Director and the Principal.

E. Please instruct your athletes to enter and leave the building via the south gym doors for practice scheduled at times when custodians are not on duty.

F. Under no circumstances should you prop a door open and leave it unattended!

G. Players should be cautioned not to roam through the building. Athletes at all times are to stay in the vicinity of the gym area.

H. Giving permission to athletes to play in the gym or field area without supervision of a coach can result in serious situations.

IV. Keys.

A. Keys should not be given by coaches to students. Managers are the only students using your keys.

B. There should be no keys left anywhere that students might have access to them.

V. Locker Room.
- A. It is the responsibility of the coach to turn off lights and lock doors after using the area.
- B. Coaches are to see to it that locker rooms are left in neat, clean conditions at the end of each practice or game.

VI. Use of Training Room.
- A. Be sure no students or athletes are left unattended in training room.
- B. Be sure that any athlete using the whirlpool not use it for more than ten or fifteen minutes and that these athletes be under supervision at all times.

VII. Use of Adhesive Tape.
- A. The use of adhesive tape is a problem that warrants the attention of every coach. The help and cooperation of all coaches in seeing that adhesive tape is properly used by the athletes will be more than appreciated.
- B. The use of adhesive tape should not be used on pants, shoes, socks, or any other type of waste.

VIII. Checking Out and Checking In Equipment.
- A. All equipment should be properly recorded and accurate records of who has the equipment should be kept.
- B. At the end of the season all equipment should be checked in and properly inventoried.
- C. Athletes must pay for all lost equipment.
- D. At the end of the season a full inventory must be submitted.

IX. Use of Athletic Equipment.
- A. No school-owned equipment is to be checked out or loaned to athletes or lay people for use outside of school, except with permission of the Athletic Director or the Principal.
- B. No equipment (school) should be worn or used other than at practices or contests.

DUTIES AND RESPONSIBILITIES OF ATHLETIC COACHES
GENERAL

1. Coaches must always be teachers first and coaches second.

2. All coaches are to be available when needed to help supervise or officiate at other school activities.

3. Coaches are to demand that their squad members conduct themselves as ladies and/or gentlemen at all times wherever athletes are under school supervision.

4. Coaches are held responsible for the conduct of squad members during practice, at games and on trips.

5. Coaches are not to smoke in the presence of athletes or managers at any time.

6. No school keys are to be issued to students under any circumstances at any time.

7. All coaches shall help to promote team morale and spirit.

8. Cooperation is an essential part of the school athletic program. Every coach is expected to cooperate with his athletic director and/or principal, as well as other coaches in his and other sports.

9. No matter what the sport, coaches should cooperate with the coaches of other sports in the school. Coaches should support each other in an ethical manner, never second-guessing or otherwise criticizing coaching ability.

10. When using buses and other vehicles be sure they are left in a neat, clean, orderly manner when you return to school before leaving for the evening.

Locker Room Supervision

1. Locker rooms must be supervised at all times when your squad is in this area. If you are busy, assign an assistant to the locker room.

2. You must check the locker room before you leave practice each day. Do not designate a manager to do this.

3. Under no circumstances are you to leave the building until all your athletes have left the locker room area. At least one coach will remain each night until all athletic team members are on the bus or whatever means of transportation and have left school property. At no time are students to be in the building without supervision by a teacher.

4. Please check all doors and lock if open.

Duties of Head Coaches

1. Be sure all athletes are properly supervised at all times.

2. Be sure the Athletic Director knows of all extra practices, scrimmages, and clinics that will involve transportation or mileage.

3. Keep an accurate inventory of all equipment. Be sure all equipment is in good condition and safe.

4. Keep all local papers informed about your team and other information. This will help keep our school district informed.

5. Notify all eligible students as to dates of receiving equipment and dates and times of practice sessions.

6. See to it that facilities and equipment are ready for use and that equipment is issued.

7. See to it that all coaches assigned to the sport know their duties and responsibilities.

8. See that all ordered equipment has arrived.

9. Recruit student managers for the season and instruct and guide them.

10. Be responsible to the principal and/or athletic director for the total conduct of the sport.

11. Organize, oversee and conduct all practice sessions.

12. See to it that all squad members have had a physical examination by an M.D.

13. See to it that all squad members have been given the opportunity to be covered by some insurance programs.

14. Accompany squads to all home and away competitions.

15. See that all squad members have a copy and understand the training rules set up by the school district.

16. See that all high school participants have on file a signed Good Conduct paper.

17. See that training rule violations are reported to the Principal and/or Athletic Director.

18. Instruct squad members on proper use and care of equipment.

19. See to it that the equipment is cleaned and/or repaired whenever necessary.

20. See that the locker and equipment rooms are maintained in a neat and proper manner.

21. See to it that there is always adequate locker room supervision.

22. See to it that all athletic injuries are cared for in a professional manner.

23. Work out details of out-of-town transportation with Principal and/or Athletic Director.

24. To go through the Athletic Director's office for early dismissal and/or release permission involving long or short trips.

25. Cooperate with the various news media in providing publicity materials about the sport and arrange for reporting results of all contests--win or lose.

26. Keep daily attendance records.

27. Keep such statistics as are necessary for school records.

28. Award letters in accordance with award requirements.

29. To see that all equipment is checked in, repaired, cleaned and stored.

30. Inventory all equipment and recommend to the Athletic Director those new items to be purchased for the following season.

31. Complete and return any required forms or statistics to the Athletic Director.

32. Be sure, if you have practice before a scheduled activity, that the gym is clear of all equipment and ready for the activity to follow.

Duties of Assistant Coach

1. Help in getting facilities and equipment ready to be used and issued.

2. Help issue equipment.

3. Help in seeing that training rules are enforced and violations reported.

4. Carry out all duties assigned by the head coach.

5. Help in seeing that injury and insurance reports are made and are on file.

6. Help in seeing that the locker and equipment rooms are maintained in a proper manner.

7. Be at all practice sessions and all games or be available for a scouting assignment.

8. To help with the checking in of equipment and in taking inventory.

9. Suggest to the head coach any new equipment needed.

10. Coaches are to report promptly for all practice sessions and contests and to dress according to the standards established for that sport.

11. All coaching activities are to be organizaed and supervised by the coaches. Do this to insure student safety. No "horseplay" is to be tolerated at any time in the gymnasium, on the athletic field, or in the locker room or shower room.

CODE OF ETHICS FOR COACHES

A Coach Should:

Be loyal to his superiors and support the policies of his administration.

Have lofty ideals and firm principles of right and truth.

Always strive for more education and culture.

Be a goodwill ambassador between his school and public.

Teach and practice true sportsmanship.

Be humble in victory and courageous in defeat.

Neither knowingly or unethically strive for another man's job.

Respect and support officials at all times.

Never publicly criticize other coaches or officials.

Offer congratulations in public--win or lose.

Never "run up the score."

Dress in a manner suitable to his profession.

Conduct himself so as to earn the respect and confidence of all.

Not engage in conduct detrimental to players, officials, or spectators.

Conduct himself to be a worthy member of the coaching profession.

Be loyal to his profession.

Be more concerned about obtaining respect from his players than in running a "personality contest."

The Coach and His Players

In his relationship with players under his care, the coach should always be aware of the tremendous influence he wields, for good or bad. Parents entrust their dearest possessions to the coach's charge and the coach, through his own example, must always be sure that the boys who have played under him are finer and more decent men for having done so.

The coach should never place the value of a win above that of instilling the highest desirable ideals and character traits in his players.

The safety and welfare of his players should always be uppermost in his mind and they must never be sacrificed for any personal prestige or selfish glory.

Every coach must remember that he is a living example for all of the young men in the community in which he coaches. It is vitally important to him and to the profession which he represents that his actions and behavior at all times bring credit to athletics.

The Coach and His Leadership

The function of the coach is to educate students through participation in sports. This primary and basic function must never be disregarded. In teaching a sport the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner and loser. Any attempts to beat these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct have no place in athletics, nor has any coach guilty of such teaching any right to call himself a coach.

The coach should set the example for winning without boasting and for losing without bitterness. A coach who conducts himself according to these principles need have no fear of failure, for in the final analysis the success of a coach can be measured in terms of the respect he has earned from his own players and from his opponents.

The Coach and His School

In his relationship with the institution for which he works, the coach should remember that he is on public display as a representative of his institution. It is important, therefore, that he conduct himself so as to maintain the principles, the integrity and the dignity of his school.

School policy regarding athletics should be adhered to both in letter and in spirit. The coach should remember that other members of the faculty also have an interest in the institution and its students and his conduct must be such that there arises no criticism of his efforts to develop the common interests and purposes of the school.

The Coach and His Professional Contacts

In his relationship with other coaches, it should be assumed that all members of the coaching profession are men of integrity and are making an honest effort to follow the precepts of this code. Therefore, opposing coaches should be treated courteously and as guests of the school. Moreover, the winning coach should do all in his power to assure that the losing team be allowed to lose with dignity and leave the contest with its self respect intact.

DUTIES OF FOOTBALL COACH

1. Be sure all athletes have a singed insurance waiver or the school insurance program.

2. Be sure football field is ready for a game or contest on all levels of competition.

3. Be sure all equipment is checked in and that equipment that is in need of repair or not safe is taken care of.

4. That all game results are turned into the Iowa City Press, the Oxford Leader and the Des Moines Register. Also, keep all local TV stations posted on the outcomes of games.

5. Be sure that all athletes have a signed doctors physical.

6. That all assistant coaches and junior high coaches are instructed in the manner in which you want them to function.

7. That all statistical information for EIHC is returned in proper time.

8. Request the officials you want to work your ball games.

9. Help all people concerned with homecoming activities.

10. Be sure all athletes know your training rules in writing (also a copy to Athletic Director) and the "Good Conduct Policy" as stated by the Board of Education.

11. Cooperate with the Clear Creek Boosters Club and help with their scrimmage night.

12. Keep a complete inventory of all equipment, turn in at end of season to the Athletic Director.

13. Attend a clinic or coaching school to help better yourself. Arrange with Athletic Director all financial needs or mileage to be approved first.

14. Be sure all insurance reports are filled out and returned on time for any injury.

15. Cooperate with the person doing the mowing as to the way you want it done and kept.

16. Turn in to the Athletic Director a list of all equipment and needs for the next coming year.

17. Be sure locker rooms, training rooms and shower rooms have proper supervision and are kept up properly. Also, all lights turned out and all doors locked.

18. That all equipment is properly stored and accounted for.

19. File a transportation need with the Athletic Director and times when you wish to leave.

20. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES OF BASKETBALL COACHES

1. Be sure all athletes have a signed physical.

2. Be sure all athletes have a signed insurance waiver or have the school insurance program.

3. That the gymnasium is in proper condition for a game if you have practice the night of a game or wrestling match.

4. At the end of the season turn in to the Athletic Director a complete inventory and all needs for the coming year.

5. Be sure that all assistant coaches and junior high coaches are informed on what you want them to do.

6. Be sure that the Iowa City Press, the Oxford Leader and the Des Moines Register are posted on outcomes of games and that all information necessary to keep the public informed is given to them. Also post the local TV stations with the score of the games.

7. That all equipment is properly stored and accounted for.

8. That all EIHC statistics are reported and sent in on time.

9. Cooperate with the Clear Creek Boosters Club.

10. Be sure all athletes are informed of your training rules in writing (also a copy to the Athletic Director) and that the Board of Education "Good Conduct Policy" is explained.

11. Be sure that the locker room area is properly supervised and neatly kept. Also, all lights turned out and all doors locked.

12. Fill out all insurance forms properly and return them on time.

13. Attend a clinic or coaches school to help better yourself. Arrange ahead of time approval for all mileage and expenses.

14. File with the Athletic Director a transportation need and times you wish to leave.

15. Encourage fair play.

16. Request the officials you want to work your games.

17. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES OF WRESTLING COACH

1. Be sure all athletes have a signed physical.

2. Be sure all athletes have a signed insurance waiver or have the school insurance program.

3. Be sure all athletes are informed of your training rules in writing (also a copy to the Athletic Director) and that the Board of Education "Good Conduct Policy" is explained.

4. Fill out all insurance forms properly and return them on time.

5. At the end of the season turn in to the Athletic Director a complete inventory and needs for the coming year.

6. Be sure all assistant coaches and junior high coaches are informed on what you want them to do.

7. Be sure that the mat is kept clean for all practices and meets.

8. Be sure that parents are kept informed on the weight cutting of their sons.

9. Be sure all locker room areas are well supervised and kept in neat order. Also, lights out and all doors locked.

10. That the Iowa City Press, the Oxford Leader and the Des Moines Register are informed of meet scores. Also, that all local TV stations are informed of meet scores.

11. That the gym is set up properly for a match or tournament.

12. That all EIHC statistics are reported and returned on time.

13. Cooperate with the Clear Creek Boosters Club.

14. Attend a clinic or coaching school to better yourself. Arrange ahead of time all expenses and mileage that you will need.

15. File a transportation need with the Athletic Director and times you wish to leave.

16. Request officials you want to work your matches.

17. Be sure all equipment is properly stored and accounted for.

18. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES OF TRACK COACHES

1. Be sure all athletes have a signed physical.
2. Be sure all athletes have a signed insurance waiver or have the school insurance program.
3. Be sure all athletes are informed of your training rules in writing (also a copy to the Athletic Director) and that the "Good Conduct Policy" of the Board of Education is explained.
4. Fill out all insurance forms properly and return them on time.
5. At the end of the season turn in to the Athletic Director a complete inventory and needs for the coming year.
6. Be sure that the track is kept in proper condition and that it is ready for a dual or large meet.
7. Organize the track meets to be held at home.
8. Be sure that all equipment is properly stored and accounted for.
9. Be sure that locker rooms and locker room areas are properly supervised and that they are kept in neat condition. Also, lights turned out and doors locked.
10. Cooperate with the Clear Creek Boosters Club.
11. Attend a clinic or coaching school to better yourself. Arrange ahead of time all expenses and mileage that you will need.
12. File a transportation need with the Athletic Director and times you wish to leave.
13. Be sure that all equipment is properly stored and accounted for.
14. Be sure you report all results to the Iowa City Press, the Oxford Leader and the Des Moines Register. Also, inform local TV stations of your results.
15. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES OF BASEBALL AND SOFTBALL COACHES

1. Be sure all athletes have a signed physical.
2. Be sure all athletes have a signed insurance waiver or have some form of insurance.

3. Be sure all athletes are informed of your training rules in writing (also a copy to the Athletic Director) and that the "Good Conduct Policy" of the Board of Education is explained.

4. Fill out all insurance forms properly and return them on time.

5. At the end of the season turn in to the Athletic Director a complete inventory and needs for the coming year.

6. Be sure that all locker room areas are well supervised and kept in neat condition. Also, all lights turned out and doors locked.

7. Report all results of games to the Iowa City Press, the Oxford Leader and the Des Moines Register. Also, report results to local TV stations.

8. That playing fields are in good, proper playing condition.

9. Organize any tournaments you wish to have.

10. Contact the umpires and visiting teams if a game needs to be called.

11. Cooperate with the Clear Creek Boosters Club.

12. Attend a clinic or coaching school to better yourself. Arrange ahead of time approval for expenses and mileage.

13. Be sure all equipment is properly stored and accounted for.

14. File a transportation need with the Athletic Director and times you wish to leave.

15. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES OF GYMNASTICS COACH

1. Be sure all athletes have a signed physical.

2. Be sure all athletes have a signed insurance waiver or have some form of insurance through parents or school insurance by paying the cost.

3. Be sure all athletes are informed of your training rules in writing (also a copy to the Athletic Director) and that the "Good Conduct Policy" of the Board of Education is explained.

4. Fill out all insurance forms properly and return them on time.

5. At the end of the season turn in to the Athletic Director a complete inventory sheet and needs for the coming year.

6. Be sure that all locker room areas are properly supervised and kept in neat condition. Also, all lights turned out and doors locked.

7. All equipment properly stored and accounted for.

8. Report all results to the Iowa City Press, the Oxford Leader and the Des Moines Register. Results also to the local TV stations.

9. That the gym is properly prepared for a meet.

10. Cooperate with the Clear Creek Boosters Club.

11. Attend a clinic or coaching school to better yourself. Arrange ahead of time approval for expenses and mileage.

12. File a transportation report with the Athletic Director and times you wish to leave.

13. Other duties assigned by the Athletic Director and/or building Principal.

DUTIES AND RESPONSIBILITIES OF DIRECTOR OF ATHLETICS

GOALS--1. To provide the Clear Creek Community Schools with the best possible well-rounded athletic program with the amount of money that is available.

2. To encourage the youth at Clear Creek to participate in the athletic program and to advance and instill in its youth the highest moral and ethical conduct to become outstanding citizens in the community.

3. To assist in obtaining instructors that represent the highest ideals of sportsmanship as well as outstanding abilities in their field.

DUTIES OF THE DIRECTOR OF ATHLETICS: (Not necessarily in order of priority)

1. To select and recommend the best possible athletic equipment at the least amount of money expended as possible.

2. To determine the needs for equipment in the athletic program and to make the recommendations to the administration.

3. To obtain the best possible officials for all sports.

4. File all necessary reports to the Iowa Girls Athletic Union and the Iowa Boys Athletic Union.

5. To see that results of all athletic contests are reported to the local newspapers and varsity results to the Des Moines Register.

6. To disperse and discuss all pertinent information concerning correspondence with the State Associations with his staff.

7. To inform his staff that all grievances concerning athletics shall come through him and it is his responsibility to bring the grievance to the attention of the administration.

8. Get from individual coaches and make an annual inventory of all equipment and set up a perpetual inventory.

9. If another coach is using it, he must be responsible that all necessary equipment and condition of the field or gymnasium is in readiness prior to the athletic event.

10. See that all equipment is in a good state of repair and that no safety hazard exists before actual contests begin or practice begins.

11. Make sure that all athletes have had the insurance program explained to them and have been given the opportunity to participate in school insurance.

12. Provide for buses and drivers to all activity trips concerning athletics.

13. Keep records on all athletic trips as to distance and drivers and report same to building Principal who in turn will present bills for payment to district secretary.

14. Shall check all athletic equipment purchased and vouch for this equipment and its payment.

15. See that individual coaches report to building Principal all athletes who are not abiding by the good conduct rule, keep accurate written statements as to the athlete's bad conduct and make recommendations to the building Principal.

16. Attend all necessary meetings concerning athletics of the conference and workshop that are deemed necessary.

17. Be responsible or delegate responsibility for closing all buildings after the athletic event has been completed, turn off all lights and make sure all doors are secured.

18. Provide the building Principal with a detailed budget of needs for equipment within two weeks before the adjournment of school and leaving for the summer.

19. Make necessary reports to the Board of Education and the Superintendent as to the conditions and progress of the Athletic Program.

20. Work very closely with the Boosters Club and provide reports of the financial and physical needs of the athletic department.

21. Correlate the program of athletics in grades K-12.

22. Be responsible for correlating the athletic program of the Junior and Senior High Schools and purchase of all major athletic equipment with the approval of the Junior High Principal.

23. Periodically check all dressing rooms for cleanliness and report any deficiencies to the coach responsible and building Principal.

24. Approve all scheduling of athletic contests.

25. Provide for season tickets in basketball, football and wrestling with the approval of the building Principal.

26. To help evaluate the coaching staff. Turn in an annual report to the Board of Education of the working of the athletic department.

27. To help in the hiring of the coaching staff.

28. To assign duties to coaches to help at other athletic events.

29. To have proper time to work on duties and responsibilities.

30. To help with the Junior High more--have a better working relationship with Junior High.

31. Prepare and evaluate conduct rules of eligibility and make recommendations to the administration.

CLEAR CREEK GOOD CONDUCT POLICY

Any student/s who are engaged in an extra-curricular activity and displays conduct contrary to board policy; which is, "Any student/s involved in one or more of the four activity groups (boys' athletics, girls' athletics, vocal and instrumental music or speech and drama) who are convicted of, or admits to the use of or possession of alcoholic beverages and/or non-prescribed drugs, or who is caught smoking, will be declared ineligible to participate in any activity until the school administration reinstates the student/s to eligibility."

A three week suspension will result (but student/s must continue to practice,) but will not be allowed to participate in any event, game, production, and/or contest during the time of suspension for the first offense. If the suspension occurs before the competition starts, the three weeks will begin at the time the competition starts and continue for the next three weeks. If the suspension occurs during the competition, the three weeks will begin at the next competition and continue for the next three weeks. If the suspension occurs in drama, the student/s will be suspended for that play or production. If a student/s quits or is suspended from an activity which ends before the suspension is fulfilled, the suspension is carried over into the next activity that the student/s are involved in. On the second offense, the directors of the four activities along with the school administration will determine the eligibility status of the student/s.

CONDUCT:

1. Participation in extra-curricular activities at Clear Creek is a privilege and will be treated as such.

2. Conduct and actions not becoming a student representing Clear Creek High School will not be tolerated.

3. Rules and regulations an activity director deem necessary for the health, safety and morale of the student/s of their representative group will be put in writing and distributed to each member at the start of each activity.

4. Hours will be determined by the activity director of each activity.

5. Violations of hours will be handled by the respective director.

6. Any time a student/s are dismissed from their activity by their director, the director will notify the building Principal. A letter from the director will be sent to the parents of the student/s indicating the dismissal and reasons for such dismissal.

7. Any student/s going to participate in a game, contest, production or event must be present at school the day of the said activity. Should the said activity fall on a school day, and school would be the next day, the student/s must also be present at school the next day. Should student/s fail

to report to school the day of participating, he or she would be ineligible to participate that day or night. If the student/s fails to report to school the day after participating in said activity, he or she would be ineligible to participate in the next scheduled activity in his or her activity. Medical, family death reasons, or permission granted by the director of his or her activity or the administrators are the only exceptions.

8. Any student/s not passing in a least fifteen semester hours of classroom work would become ineligible to participate in his or her activity until the work is completed or brought up to passing standards. The number of days the class meets represents a semester hour.

9. DUE PROCESS: A student/s or parent/s contesting the declared ineligibility of a student/s based on these rules shall be required to request for an oral hearing to the school administration. The school administration shall then schedule a meeting between the building Principal, activity director, student/s and parent/s. If a suitable solution cannot be reached, the parent/s and/or student/s may request an appeal in writing to the Board of Education, including their reasons for requesting said hearing. The Board of Education, through the administrators, will set a date for the hearing. The Board of Education will then have final authority to resolve the matter of eligibility of the student/s.

LETTER REQUIREMENTS

Varsity Letters

Football--Two (2) quarters a game.
Boys' Basketball--One (1) quarter a game.
Girls' Basketball--
Wrestling--Six (6) matches or 24 points.
Boys' Track--Fifteen (15) points.
Girls' Track--
Baseball--One (1) inning a game.
Softball--
Gymnastics--(Submitted by gymnastic coach.)

1. Performance at competitive meets:
   a. Presently, since we have such a limited schedule, they must perform in all the meets.
   b. Perhaps in the future this might change so that they must perform in at least 2 events per meet. (This number could be decided arbitrarily by the Athletic Director or coach or both.) I would suggest 2 events per meet for the next few years anyway.
2. Regular attendance at after school practice.
   a. As facilities get better hopefully we can have practice more on a regular basis during the season.
3. Performance at gymnastic exhibitions or shows.
   a. They could be required to perform in at least one show here.
   b. (We didn't fulfill this requirement this year.)
   c. These shows could be either half-time shows at basketball games or wrestling meets or an annual gymnastic show.

Numerals--Freshmen and Sophomores

Football--Two (2) quarters a game.
Boys' Basketball--Fifteen (15) points.
Girls' Basketball--Everyone who is out the whole season.
Wrestling--Six(6) matches or 24 points.
Boys' Track--Fifteen (15) points.
Girls' Track--
Baseball--
Softball--
Gymnastics--(Submitted by gymnastic coach.)

1. Performance at meets--Must perform in 1 event at all meets.
2. Regular attendance at after school practice.

Manager's Letter

Football--I feel if a manager on varsity works hard and is in attendance at every practice and game he should receive a letter in the second year.
Boys' Basketball--Second year as a manager.

Manager's Letter (cont.)

Girls' Basketball--
Wrestling--I feel if a manager on varsity works hard and is in attendance at every practice and game he should receive a letter in the second year.
Boys' Track--I feel if a manager on varsity works hard and is in attendance at every practice and game he should receive a letter in the second year.

Girls' Track--
Baseball--Second year as a manager.
Softball--
Gymnastics--(Submitted by gymnastics coach.)
1. Must come to all practices on a regular basis.
2. Must come to meets.

Junior Varsity Numerals

JV Boys' Basketball--A minimum of 15 quarters of play in regular Junior Varsity games.
JV Girls' Basketball--Everyone who stays out the entire season and has not earned a numeral receives one.

STANDARD INSURANCE WAIVER

Clear Creek High School
Department of Athletics

To: Parents or Guardians
From: Clear Creek High School Department of Athletics
Subject: Accident Insurance for Interscholastic Athletes

In order for a student to be eligible to participate in any of the interscholastic sports sponsored by Clear Creek High School, he or she must give evidence to their school that they are covered by accident insurance. Forms for these purposes are provided in this memorandum.

Accident insurance for all students in all sports can be purchased through the school at very low cost; or the requirement for coverage can be satisfied by a parent or guardian certifying on the form provided herein, that the student is covered for athletic injuries by insurance policies already possessed by the family.

Our son/s _____, Our daughter/s _____ is/are covered for athletic injuries by our family policy and, therefore, he or she will not purchase accident insurance through the school.

Date: _____

Sport: _____

Grade: _____

_____
Signature of Parent or Guardian

ATHLETE--PARENT ACKNOWLEDGMENT

Date _____

Grade _____

I hereby acknowledge that I have read the attached Good Conduct Rules on the above date, and agree to adhere to the regulations to the best of my ability while participating in athletics at Clear Creek High School.

I also fully understand that I will be Suspended and/or Dismissed from the squad for the breaking of the Good Conduct Rule; for not abiding by school policies (repeated sessions with teachers and/or administrators for misbehaving in school); for any behavior that would cause my being arrested or taken into custody of law enforcement agencies, and found responsible for violation.

_____
Signature of Athlete

I hereby acknowledge that I have read the attached Good Conduct Rules on the above date and agree to accept said regulations for my child and to do my best to see that said child adheres to and abides by the regulations as set forth in the Good Conduct Rule and the coach of the activity.

_____
Signature of Athlete's Parent or Guardian

NOTE: Detach this page, have it signed, and return it to the Athletic Director before starting practice.